

A unique history of Tricase territory (Salento, Italy)

Preface

This story is written to bring to the attention of those who are ready and prepared **to accept it by verifying it**, the "truth about the secret" of Tricase and its territory.

This story can be called imaginative because or no longer the documents exists or what is known as the "map" is currently in the hands of individuals who still want the secret to remain exclusively their elite property.

Instead, the "secret" that this story wants to unveil belongs to every human on this Planet and is solely the individual choice of each of us to use (verifying) or not this "structure" that an ancient people installed in this land (currently the territory of the municipality of Tricase and a small portion of the territory of Tiggiano).

It is clear that in this story we can not give a complete context, as it would be necessary to widen the context of the "human" politico-spiritual structures on the one hand, and politico-colonial-aggressive on the other that have long confronted in this Galaxy and which the planet we live on (Earth) was and still is a field of battle and confrontation.

A "cosmic" separation is in place and the "external intervention" is limited only to break down the "prison walls" in which mankind on this planet is located for a long time.

The rest must be done by each of us: to be aware of how real the reality around us is to free our minds (pre-programmed) to be destructive or to ignore everything by following the separation of the races expressing only the "conscience of the" ego".

Another precision must be made regarding the chapter "a revised story".

The story of the origins of Tricase and the foundation of the "Cenobio of the Amto" may not be considered "historical", as the documentation is missing or as "imaginative". The technique used is a simple "download" from the sphere of the mind. This technique cannot have any value in our social context, nor are in any way recognized by our official science. I present it as a "plausible" and revisited story. You have to take it for what it is: **a particular story**.

For those who are far from Salento a prayer: if you are really interested, you must first check the existence of the vortexes and relate to it (even if you do not have time for the third and fourth vortex). You should come to Tricase. Be discreet.

Still a note for translation from Italian to English: has been made with "google translate" with personal corrections.

2

Part I

The myth

In the vivid light of the stars, a fleet of ships slipped silently over the waters. Neither sail nor motor operated the silent slip of these boats of a white-silver color. It was a sound emitted by humans on these ships that departed from the heart and was structured in the mind and merging with the water of the sea and that of the material of the boats (which were not of wood but of an apparently metallic-biological matter and very light) moved them quickly on the waters of the sea.

15,000 years ago the world situation on this planet was critical. A political-military confrontation between civilizations expressing unity and harmony with the Cosmos with those who expressed colonialist, slave, and elite values (the ego consciousness) was getting thick and an armed confrontation was inevitable.

Our planet was inhabited at that time by various human groups and two warlike groups of synthetic reptilian races (created by artificial intelligence and certain interdimensional Entities). All coming from other Solar Stars and Systems. These two synthetic races (Anunnaki and Dracos) had called for "free human races" to abandon the Earth Planet and leave the rest of humanity under their direct domain. The armed confrontation was inevitable. The mission of these members known as "Guardians of the Water Sound Lines of the Earth" (or Natural Electro-Magnetic Network) was to install at different points in the Planet artificial structures of "sound vortexes" as "future help" to humans in the event of defeat or withdrawal of unified races in the imminent armed confrontation with these synthetic races and human renegade races that had allied themselves, for its own ends, to synthetic races. These structures would have the function of helping human beings fallen prisoners and without more memory of the past to clean up their own DNA to free themselves from "oppressive game" of these predators and their elites races on the Planet.

The race of these "Guardians of the Water Sound Lines of the Earth" came from the Center of the Galaxy. It is a tall breed of white-silver hair with deep eyes ranging from blue to dark brown. Men are really powerful, bold and enterprising, and women, of a proud, profound, independent beauty and deeply respectful of every form of life that expresses itself in unity. Some members of this race have emerald green eyes shimmering like a green star.

They sailed to the coasts of the current Salento (Italy), the coastal line between the current resorts of Leuca and Otranto. What interested them was a particular rock formations of limestone hills rich in underground rivers and springs where the Planet has one of its "Water Lines". They landed near the current "Torre Mito" (or Torre Sasso, between Andrano Marittima and Tricase Porto)

Quickly they climbed the hill and with their heart-mind spotted the 7 + 1 points where they had to place ethereal sound crystals to create this structure of vortices.

Four women each had a magnetic sound crystal, three men each an electric sound crystal (7 crystals in all), one pair had two crystals, one magnetic sound and one electric sound that was fuse into a single crystal before being installed in the depths of the chosen location (+1).

Finished installing the sound crystals in the depths of limestone, they placed huge rocks at each point with particular shape depending on the specific nature of the vortex, using their sound system of the heart-mind. The heart desires and emits a sound in the direction of mind (which is not the only brain), the mental listens to the sound and structure it to achieve in the physicality the desire of the heart. This is the way we express ourselves in a "free instrument" that is not governed by artificial intelligence.

Finished they settled in the place and with the passage of centuries upon the arrival of the first humans (fallen into slavery of synthetic races and human renegades) retreated between the physical and the astral and became a "myth" in the stories that were handed down.

3

Part II

A revised story

The years formed the centuries, centuries the millennia, until another people came from the sea to settle in the territory: the Messapici. This people had preserved the Science of the "Sound Lines of Water" of the Planet and found easily that between the water lines of the territory (which marked with perpendicular rocks known today as "Menhir") there were connected magnetic and electric vortex up to form a spiral ending at point $7 + 1$.

Then came the Greeks as colonizers and their "schools of mysteries" - derived from the Egyptian schools of mysteries founded by Thoth (which is nothing more than an incarnation of the one called Lucifer or Anu, one of the names that this entity has been given for its "external" manifestations, but do not match its original name) - knew of these artificial structures. They probably made a map and searched in vain to control the use of the entire structure. They only succeeded in installing codes in each vortex – given by interdimensional entities (4 dimensions) expressing only the ego consciousness - which changed the sound harmony of the vortex into "sound dissonance" allowing these dark entities of the 4 dimensions to be able to project through dissonance and interact with "humans" who possessed the "secret science of these codes."

Another result of this "sonic dissonance" was the "accentuation" of the fracturing of the minds of the beings who lived on the territory with destructive and polarizing attitudes (almost all humanity on this Planet believes that his mind is just the brain, while the brain is only the part of the mind relating the physical body, a small element of the "Mental Sphere").

The Romans followed the Greeks and with them the political-occult sect of the "magicians of Mitra" (which still exists today). Even these "magicians" could not do more than the Greeks.

Probably since the times of the Messapians, maps of these vortices have been created, certainly the worshipers of Mitra (another incarnation of the one who is called Anu or Lucifer) had a map. The sect or fraternity of Mitra during the Roman imperial period was the sect of the 13 families that ruled Rome and the emperor was the god-pontiff of this sect. With the foundation of Constantinople, the new imperial capital, and the use of the Christian movement as the "unifying" religion of the empire, members of these 13 families converted (as part of a strategic plan) to Christianity and with the support of the Roman Emperors from Constantine (who was the first true pontiff of the Roman Catholic and the first patriarch of the Greek Orthodox Church) created a hierarchical church and established the function and role of the "Cardinal College" in Rome and the College of Patriarchs in Constantinople. With the fall of the West Roman Empire, the secret of vortex was guarded. Documents or maps were also in Constantinople. During the VIII century until the XI century there was in Salento and throughout Apulia an intense activity of Greek-Orthodox monks of the order of St. Cesareo from Basilea. In the present-day territory of Andrano / Tricase / Tiggiano the activity was led by a monk expressly coming from Constantinople with a casket containing a map.

It was the work of this monk to start almost at the same time the construction of the "Cenobio" of the Amato (abbey became with the Catholic monks), the church of the Madonna del Gonfalone, the establishment of the Treccase farmhouse around the vortex of the central open space, the construction of chapels where it was possible on every vortex (certainly in the present church of the Madonna of Fatima and Mount Orco).

As far as Treccase is concerned, around the square of the current square Giuseppe Pisanelli towards the VIII century there were three poor peasant dwellings belonging to the same family tree. A "home" was located on the site where the Gallone built their own palace, the second was located between the old Minerva Pharmacy (currently a bar called "Farmacia Balboa") and S. Angelo

Church, the third between the Convent and the current Piazza dell'Abbate. In the center there was an open space with a well where now is the statue of Mr. Giuseppe Pisanelli.

These three dwellings with the cultivated lands fell under the property and jurisdiction of the Cenobio dell'Amito and it was this monaco came from Constantinople that pushed or forced the family unit widened to three poor households to be the first (poor) farmhouse surrounded by walls of long dry stone (more or less) the perimeter of the ancient military citadel of Tricase when it was erected for the first time during the presence of the Normans. A chapel was erected near the well.

This Basilian monk was a taciturn, authoritarian type and was by direct order of the Patriarch of Constantinople who became the first monk to govern in a totalitarian manner (like all the following) the newly founded Cenobio dell'Amito. He had with him a young monk as an assistant whose task was to carry and guard an old wooden box containing an old leather map and assist his master in his night outings.

The constant activity of this monk was not monastic prayers or monastic life, but a frantic constructive activity and a secret esoteric activity (mostly nocturnal and assisted only by his young assistant). He soon realized that the "esoteric" codes given by Mitra's sect could only transform the sound harmonic of each vortex into sound dissonance (which was immediately reflected in the local population's behavior) but failed, as no one succeeded to this day, to activate the spiral of sounds and create a powerful sound dissonance thanks to the codes and architectural features of the buildings built on the vortexes.

It is to be said here that the octagonal form, such as Castel del Monte in Andria and the Church of the Devils at Tricase (and others spread in Italy and Europe), is a resonance case that pours the sound from "harmonic" to "disharmonious" and is used to accentuate the fracturing and polarization of the human mind that is reflected in even more destructive, violent, irrational, selfish, irresponsible behaviors ... of the local population.

By imperial order of Constantinople all the lands and places where these vortices were located plus the surrounding fertile lands were donated to the Cenobio dell'Amito. These land comprised the most fertile soils in Andrano and Tiggiano and all of Tricase's current municipality.

Before I die this monaco, as the first ruler of Cenobio dell'Amito, appointed his, now old, assistant as his successor at the helm of Cenobio dell'Amito releasing the casket with the map on which the vortex and the so-called esoteric codes were drawn. Each new ruler carefully chose an assistant to entrust the casket with the map of the vortexes and transmitted him its secrets.

This went on until the Byzantine expulsion from the Puglia by the Normans supported by the church of Rome, which took over the control of the vortex site as at the time of the Roman empire with the emperors in Rome. The Cenobio dell'Amito became the Abbey of Myth and the secret of the maps fell into the hands of the church of Rome: the then ruler of Cenobio gave the map to the papal delegates and in exchange for his conversion to the church of Rome he could stay as the first abbot of the Abbey. Only a few Greek Orthodox monks followed his example, the great majority resumed for Constantinople.

The Abbots who followed the rule of the Abbey of the Myth kept the secret until almost the end of his activities towards 1650.

Here in Tricase there is a strange "coincidence" of dates:

- 1588 Baron Alessandro I Gallone married to Donna Camilla Pisanelli acquires the feud of Tricase
- In the 16th century the Gallone built the sixteenth-century tower at the Matine farm, precisely above the $7 + 1$ electromagnetic vortex. I am not aware if the tower was built on a pre-existing building, but someone in the Gallone family knew (most probably) the secret of the map at the time of the construction of the Tower of Matine, since the "coincidence" of

the vortex 7 +1 just below the tower is not a coincidence, but the "knowledge" and of the presence of the vortex and probably of the map of all the vortexes

- 1650/51 inactivity of the ancient Abbey of Myth
- On 22/3/1651 Baron Stephen II Gallone obtained the title of Prince from Philip IV of Spain
- 1685 Jacopo Francesco Arborio Gattinara, marquis of S. Martino builds the church dedicated to the Madonna of Constantinople (??) known as the Devil's Church with the famous "octagonal" plant just on the interconnect band between the fourth vortex on Canale del Rio and the fifth vortex in the current square Giuseppe Pisanelli. At that time was the third prince of Tricase Stephen III Gallone who had married a relative of the Marquis J.F.A. Gattinara.

My speculation is simple: for the sake of money or threats of the Baron Gallone or for other unknown reasons, the last or one of the last abbots of the Abbey of Myth gave the map and the secret of vortexes to the Baron Gallone. With this "secret or map" the Baron Stephen II, with the support of certain ecclesiastics, obtained the princely title by Spanish Emperor Philip IV, whom a simple and unknown Baron like him could not even dream of. Of course he had to share the secret with some ecclesiastical personalities of the court of Madrid.

In the period of Stephen III was built the church dedicated to Our Lady of Constantinople, known as the new church, or of the devil. At the same time these two people, the reigning prince and the marquis Gattinara, devoted themselves to various paranormal activities in rural districts with other personages. The vortexes had long since become the open windows on our physical reality of Entities (defined demonic, but it is a definition which does not respond to the truth) of the fourth dimension (astral) to interact for personal power with those who could use these codes. At the same time, they prevented the original use established by the creators of the vortexes.

With the acquisition of the title of "Prince" in 1651, the "secret of the vortexes" was not only an exclusivity of the Roman curia through the Abbey of Myth, but also of dark ecclesiastical personages at the court of Madrid. Next is the order of the Jesuits to take control of the site directly. This organization has nothing to do with Christianity or any form of religion. It is an occult sect organized militarily that has full control of the church of Rome and all the Masonic lodges (including that of "Scottish Rite"). Their agenda is to become the elite group with the full control of the codes that govern the mental, emotional, and physical body of the human body present on Planet Earth (which is a pre-programmed oppression tool for the physical universe in which we are prisoners). Those who possess the total control of these codes possess the key to the main portal of the electromagnetic prison where all this solar system was put after the "great cosmic war" and the retreat from this solar system of civilizations and races expressing "Unity and Harmony with the Cosmos".

One last note. The statue of Giuseppe Pisanelli (1812 - 1879) was completed by the sculptor A. Bortone in 1924 but was installed and inaugurated in 1952. During the whole fascist and war period, although the statue was finished, it was not installed or can not be installed in the place required.

The question is: who pointed to the place of placement?

Can anyone wonder what the center of this story is with the statue of Giuseppe Pisanelli?

Well, I do not think it's by chance that the statue was placed exactly on the fifth vortex, with the statuary body exactly in line with the center of the whirl and the statue "rotated" in the exact direction of the sound band connecting the fifth vortex with the sixth at Monte Orco.

Part III

Location of vortexes

Before introducing the vortex location it is good to say that the person who is writing these "news" is the sole responsible for this script and is the sole maker and responsible for cleaning up every vortexes from "every code" sound set from the various sects occult/magical and the presence of Entities that these codes have facilitated (their astral projection). I am the one who cleansed and activated the **"Spiral of Sound Vortexes"** and took care to let me see from the Jesuit and Masonic occult powers who took ownership of some "vortex sites". They know where to find me.

This **"Spiral of Sound Vortexes"** belongs to all Humanity - and it is also the main purpose of this scripture - at least to anyone who wants to verify what I am writing in this chapter and use it for unitary purposes and communion with the Cosmos. For personal power purposes it is not usable and anyone who wants to try is free to do so.

This is the main reason I want to remain anonymous. Each of you must acquire the individual will and responsibility to verify the existence of the vortex and how to relate to it. You do not need either a "spiritual guide" or a "guru" or any master of any kind. Only to put order in your mind, gradually free yourself from the suffering caused by what surrounds us and assume a different attitude of life based not on ego and irresponsibility but on responsibility, gratitude for what surrounds us (the other "humans" like trees, sentient beings that feed us or surround us, animals and insects) and above all for this Planet, which is a Consciousness, and the other Planets of our Solar System, and finally for Our Star, which is an equal and perfect replica of the "Original Creator" (Which is not a god but a "Consciousness") in our "solar universe" (this plasma bubble in which our star's electromagnetic sound is manifested).

That said, we move to the location of the 7 + 1 vortexes that match the six body glands plus the solar plexus in the physical body of all the "humans" of this planet.

It is good to make clear here that for "Human" means every living being (both Hominid as we are, both Sentients as what we call "animals of earth air water and insects", both Trees and Plants, this Planet and the Others of our Solar System, the Sun, and every Star of this Galaxy, and so on at Galactic, InterGalactic, Universal and Inter-Dimensional levels).

1. The first vortex is located at the former Abbey of Myth, a restored complex and currently owned by Alberto Brunelli, of Tuscan origin. The vortex is located right under the tower. From the road is the access point closest to the tower and the most sensitive can experience the presence of the vortex, for others it is a feeling of deep calm that pervades the place and their body. The first Vortex is magnetic, not surprisingly, the Abbey was dedicated to Mary, and cleans and interacts with the "gonads" (for males testicles for females the ovaries).
2. The second vortex is located right under the church of the Madonna del Gonfalone under the crypt (where there is the restored altar). The church is dug into the limestone rock and the columns that surround the crypt (where the vortex is located) have been restored in "octagonal form" (I don't know how they were originally). The church is open only during religious functions, but just approaching the upper outer walls of the crypt to experience the powerful magnetic flux of the vortex. This vortex interacts with the adrenal glands located above the kidneys.
3. The third vortex is located in a field of olive trees on Via Luigi Russolo in the present municipal territory of Tiggiano (it is almost on the border between Tricase and Tiggiano).

The street point coordinates are: 39.90958, 18.35432 (taken with google-maps, so if you do not have a gps go to "google-maps" given the coordinates and you'll find the point on the road). On this point you have two fields of olive trees: for those coming from Caprarica of Tricase through the street Luigi Russolo is the field on the left, for those coming from any other direction the field is on its right. You have to find the vortex on your own. The advice given is to get help from the Olive Trees of the field that are the Lords and Guardians of the vortex. **You have to assume a "deeply different" attitude.**

First of all, do not enter the camp without knocking as if it were your home. It is a private land, if you see a peasant working the field you have to ask him permission, if he deny it go away with humility and respect (not pissed) and try it again. If there is no one, before you cross the threshold, look at the Trees in front of you: look at them well, because they are watching you. Think that their fruit has nourished you for thousands of generations, they can live long if not killed, they are not "things" are human, like us, with a conscience and they express themselves with a body (the Olive Tree) who is not a prisoner like us (even though they live inside the prison walls). Breathe slowly by knowingly fill your heart of gratitude to these "human" (the Olive Trees) for what they have done and are doing for you, and then ask them for permission to "enter." Wait until they give you permission. It is a clear feeling that penetrates your heart (not your brain). If you do not feel anything, do not walk through the threshold and get out and try again another time. For those who want to cross the threshold without being invited, even if you find the vortex, there will be no sound effects on your body. If, however, you have this permission you go over the threshold and stop again: humbly ask for their help - they are the "Elders" and you are the "inexperienced". It is not said they give it to you.

This vortex is magnetic and affects the "solar plexus" just below the tip of the sternum, under the diaphragm.

4. The fourth vortex is located at the Rio Canal. It is easily accessible by sea, you just have to know to swim. You also have to find this vortex interacting with the Guardians of the Place. It is the same people who created this structure the "Guardians of this Vortex". **The only indication that is given is to develop a truly "egalitarian and humble attitude towards all that is alive".**

Bearing in mind that we "human hominids" are the only prisoners in a body created to imprison the Conscience and use it only as an "energy pile" for the physical, emotional and mental body to feed (like chickens) predatory Entities that have detached themselves from the "Original Creator" (although their "birth" as their "ultimate destiny" depends solely on the will of the "Original Creator").

If you cannot be able to find the vortex, you must have patience. Cultivate the attitudes discussed in the following chapter and slowly something will change and you will gain access to the fourth vortex.

This vortex is the first electric and interacts with the Thymus, atrophied gland in the adults just placed above the heart.

5. The fifth vortex is in the present Piazza Giuseppe Pisanelli, just below the statue. Sit on the oblique steps of the statue that reminds Mr. Giuseppe Pisanelli and make your check. The vortex is the second electric and interacts with the thyroid gland.
6. The sixth vortex is on Mount Orco, within the living crib of Tricase. To locate it you do not need to enter the complex that is mostly closed except during Christmas time. You have to get to the entrance gate to the living crib with the commemorative plaque that remembers the opening of the center by the bishop, then continue to climb and after a few meters there are two trees, pass the second that is an olive tree. Turn inside the "Living Crib" complex. In

front you have a staircase, on the left there is a small building with a wooden hatch (inside there are two huge hydraulic pumps). The vortex center is located in this building. It is the third electric vortex and affects the pituitary gland (hypophysis) in the brain.

7. The seventh vortex is located at the church of Our Lady of Fatima, just behind the church there is a representation of the "Catholic Virgin" with the three shepherds. If you are careful, with your shoulders to the little church and your face in front of the scenic representation of the "virgin with the shepherds", you see there is a closed well with a bolt. There is the vortex epicenter in the well. Given the Catholic female figures, this vortex is naturally magnetic, the fourth, and interacts with the Pineal gland (or Epiphysis) located in the brain too.

The 7 + 1 vortex is a bit special. It is the only vortex to be "electromagnetic", meaning to have the two components of magnetic vortexes and electric ones. It was created by a couple, man-woman, of this race who created this site with two crystals a magnetic and an electric that the woman and man fused into an act of deep love with sexual union between their bodies, while the 4 women and the three men who had already installed their crystals in the above described locations were all around the physically united couple in the act of sexual love and they were addressing the vortex sound individually created toward the couple making love and united both the crystals into one electromagnetic and absorbed the sound effects of the other 4 magnetic and 3 electric crystals. It is this vortex that sparks the spiral of sounds in the physical body: imagine or trace a spiral that goes from bottom to top by incorporating the glands and the solar plexus described above on a human body figure. As well as get yourself a map of the area around the town of Tricase (I think you'll have to find a similar map at the tourism office), locate the vortexes and see that you can unify them with a spiral (after finding the third and fourth vortex that you have to do yourself).

I tell you this with a specific purpose. The spiral has been made as an act of love for all the beings of this planet and can be used by all "human" beings (in the definition given above). The 7 + 1 vortex interacts only through an act of complete love of your physical, emotional and mental (which is a large sphere that contains the physical brain) with this Planet and all that is living and tries to live in "unity" (wholeness). It is all this that you have to change in your life for those who want to embark on this journey; the individual vortexes help to cleanse the glands and the solar plexus and above all you have to change the attitudes towards everything around us and **toward this Planet.**

This vortex is located right under the tower of the old "Matine farm". It is currently a private residence of Mrs. Helen Mirren and Mr Taylor Hackford. It is private property and must be respected, but to get access to this vortex you have absolutely no need to go next or inside the Tower. **You tremendously need to change in depth the "aptitude" of your "everyday life".** If you are planning to do so, you can do it outside the fortified property of this Anglo-American couple to activate the "**Spiral of Vortex Sound**" in your body, using just your intent and a breathing a bit special.

Part IV

The six attitudes of the Heart

To gain access to the "Spiral of Sound Vortexes", it is necessary to modify in depth its behavior that is currently dictated by mental programs that only show the **"ego"**. **The individual "I" who rejects any form of responsibility to his manifestation (acts of action) and does not express any unitary manifestation, but only those that give a gratification of the self regardless of the consequences for others (hominids, animals and insects, plants and trees, Nature in other words).**

This new attitude of life is called in different ways in the free worlds that express unity with the Cosmos, but its intrinsic meaning remains the same: **"It is the way of the heart."**

A preamble of understanding is necessary at this point.

This Super Universe (consisting of 11 universes or dimensions, including our "physics") is the Seventh of this Creation that includes - for the moment - 7 Super Universes. Each Super Universe expresses one of the seven parts that make up this immense Consciousness, which is the First Creator or First Source. These 7 Parts (which are themselves Autonomous Consciousnesses) express themselves perfectly in the First Source as a Uniform Consciousness. In our Super Universe, the seventh, is the part of the **Heart-Mind** of the First Source. It is an Unity that to function how it function in First Source (in perfect harmony) should not be separated. The Entities that did it have ruined their mind, they have detached themselves from their common origin and have become "Psychopathic". The results we are undergoing on this Planet and Solar System and in this Galaxy (The Milky Way).

What is a Entity.

Entity is the fragment that in this Creation by the will of the First Creator, separates from this Original Consciousness, with a vibrant specificity. It is all equal to the First Creator (or First Source), except that it expresses only a specific sound and not all the vibrant complexity of the First Creator. Some Entities incarnate only in an instrument or "body" (the body word is not exact because it only concerns physicality but gives the idea) - for example an Angel - other Entities embody more "instruments" (or bodies) in different stellar systems and dimensions. In this case, which is our case, an Entity can embody between 1400 and 1700 instruments of expression (such as our human body and other very different, but still "human").

In our human body, which is created by these psychopathic entities, the heart expresses no unity with the mind. Heart and mind have been pre-programmed to be constantly in conflict and not only, almost all humanity has no access to their mind and exchanges the "mental" with the "physical brain". The question that comes to this point is: **why did these Entities do something like this?** Because separating own heart from own mind they have separated themselves from First Source and they cannot longer be nourished by the flow of "luminous water" that emanates constantly from First Source and nourishes and sustains all this Creation. So these Entities need to nourish themselves and have found a truly criminal way of doing so: to imprison other Entities with deceit, to break them down, insert fragments into instruments like our body, let them live in huge electromagnetic prisons and above all in perennial conflicts that cause suffering, conflict and conflict of all kinds. Consciousness vibrates, even the shattered part in a body like ours, and this continuing suffering and conflict produces a luminous vibration that separates a substance that is the "nourishment" sought by these Entities.

So to get out of the prison (and the "**Spiral of Sound Vortexes**" is a help) you have to reconnect your heart to the mental and to do so you need to change your life's attitudes.

All the material and help you are looking for is on the Wingmakers site and James Mahu is responsible for this wonderful material :

1. <https://sovereignintgrl.blogspot.it/p/about-james-mahu.html>
2. www.wingmakers.com

The Image

The First Source is really a Source of Water, not on a physical level like in this Universe, but in the form of Vibrant Light Sound that when it comes to our physical dimension manifests itself in the form of PURE WATER. This WATER is like an immense River consisting of 6 beams of Vibrant Light Sound. Each beam expresses a behavioral specificity:

Appreciation

Humility

Forgiveness

Courage

Understanding

Compassion

11

Appendix

For those who want the verification of the existence of the vortexes and then the activation of the "Spiral of Vortex Sound" must help himself at the same time to win the "internal resistances". And this is the purpose of this Appendix.

It would be advisable before you start visiting the "sites" to start practicing "quantum breathing". It's more than a breathing technique that belongs to the website organizer James Mahu.

www.wingmakers.com e <https://sovereignintegral.blogspot.it/p/about-james-mahu.html>

I cordially invite everyone interested to visit these websites (in English) and exploring them individually. You shall see that these websites have automatic translations, including Italian. Below is a summary of the website "Wingmakers" in Italian on

http://www.stazioneceleste.it/wingmakers/pdf/WM-Introduzione_al_Progetto_Wingmakers.pdf

Also for those who want to have a wider context to my story (which does not have documented references, except personal verification of the vortexes existence), I recommend the following readings always from the James Mahu Wingmakers site:

In italian :

[http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_James_Project_Camelot_\(by_StazioneCeleste\).pdf](http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_James_Project_Camelot_(by_StazioneCeleste).pdf)

[http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_n.1_\(by_StazioneCeleste\).pdf](http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_n.1_(by_StazioneCeleste).pdf)

[http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_n.2_2015_\(by_StazioneCeleste\).pdf](http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_n.2_2015_(by_StazioneCeleste).pdf)

[http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_n.3_2015_\(by_StazioneCeleste\).pdf](http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_n.3_2015_(by_StazioneCeleste).pdf)

[http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_n.4_2015_\(by_StazioneCeleste\).pdf](http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_n.4_2015_(by_StazioneCeleste).pdf)

[http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_n.5_\(by_StazioneCeleste\).pdf](http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_n.5_(by_StazioneCeleste).pdf)

In english :

<https://www.wingmakers.com/wp-content/uploads/2014/04/The-Complete-Neruda-Interviews-1-5.pdf>

http://projectcamelot.org/james_wingmakers_sovereign_integral.html

12 Quantum (Breath) Pause

The original description of this breathing will be found in the first interview given by James Mahu at "Project Camelot":

in Italian

[http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_James_Project_Camelot_\(by_StazioneCeleste\).pdf](http://www.stazioneceleste.it/wingmakers/pdf/WM-Intervista_James_Project_Camelot_(by_StazioneCeleste).pdf)
in english

http://projectcamelot.org/james_wingmakers_sovereign_integral.html

The version I describe here always belongs to James Mahu and describes it at the end of the 5th interview with Dr. Neruda.

Also variations to this type of breathing will be found in other mystical / spiritual traditions.

Suffice to say that this is the "original" breathing of the First Creator and is the Cosmos breathing.

What you need is a relaxed place with closed eyes, a quiet space (a room or outdoors) and a time away from everyday life (early in the morning or evening). If you sit down, put your feet resting on the ground, your knees closed, your eyes stuck. Take one or more deep breathing by inhaling your nose and exhaling with your mouth and when you feel ready started:

1. Slowly inhale through your nose imagining you inspire from the center of the Earth and bring the air on a perpendicular line that passes through the central part of the body upward toward the sky and the infinite.
2. Hold your breath a time equal to inhalation
3. Exhale slowly with your mouth imagining to pass the air through your heart-your arms-your fingers and hugging it by including the whole Planet and Nature that compose it.
4. Hold your breath a time equal to 1,2,3 points.

It is important the homogeneity of the times that in the 4 phases must be more or less equal.

Typically, a 6-second time is chosen, but may be shorter or longer as long as it is constant for each phase. Every 4 phases are a "unit". Repeat for 4 or more "units". If you do a short breathing increased the "unit" 5- or 6 or more.

Then you stop, open your eyes, and breathe regularly, leaving a feeling of light "stunning" (like air or soft water that condenses) invade your body and all the space around you. Breathe regularly while remaining in the same sitting position until the "stunning" effect ceases (typically from 4 to 8 minutes).

Repeat as long as you want (do a minimum of 4 "unit groups" per session).

However, the invitation remains to read the presentation of this technique made by its official introducer: James Mahu.